




# Humana Fit Devices

EASY TO GET	MAINSTREAM			CURRENTLY USING OR ASPIRATIONAL		
						
<b>HumanaGear<sup>SM</sup></b> Order the g1.0 Step counter with 1,250 Vitality Points <sup>TM</sup> after completing the Health Assessment or \$14.99 cash.	<b>HumanaFit</b> Free GPS tracking available on iPhone <sup>®</sup> , Android <sup>TM</sup> , and BlackBerry <sup>®</sup> . Free download.	<b>Nike+</b> iPod <sup>®</sup> and iPhone <sup>®</sup> GPS, accelerometer, and shoe insert options. Phone apps are free to download.	<b>Xbox Kinect</b> Using the Your Shape <sup>®</sup> game, track your movement and work out easily from your home.	<b>Fitbit<sup>®</sup></b> Accelerometer that allows for easy wireless upload and quality of sleep tracking.	<b>Polar<sup>®</sup></b> Twenty-four separate devices, including heart rate monitors and sports watches. Certain devices are waterproof for swimmers.	<b>Garmin<sup>®</sup></b> Ten separate devices for running and three for cycling. Certain devices are waterproof for swimmers.
Medicare members take 3,000 steps, all other members take 10,000 steps once per calendar day.	Log 200 calories in a single workout once per calendar day.			Medicare members take 3,000 steps, all other members take 10,000 steps once per calendar day.	Exercise at 60% or greater of your maximum heart rate for a minimum of 30 minutes in a single workout session once per calendar day.	